1998

MM56135

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Seniors' Guide to Services and Programs

New Brunswick

1998

101-02274/

Seniors' Guide to Services and Programs

1998

The Seniors' Guide to Services and Programs is prepared and distributed by the province of New Brunswick's Office for Family and Prevention Services. For further information or additional copies, write or fax:

Office for Family and Prevention Services
Department of Health and Community Services
P.O. Box 5100
Fredericton, N.B. E3B 5G8

Fax: (506) 453-2082

Également disponible en français sous le titre "Guide des services et programmes pour les personnes âgées".

3rd edition, June 1998

Seniors' Guide to Services and Programs

This third edition of the Seniors' Guide to Services and Programs is designed for seniors and individuals who are involved with seniors. As in the previous editions, information on provincial and federal government programs and province-wide non-governmental services and programs is included.

Though space limitations do not permit the listing of all local services, categories of services have been noted and readers are directed to their local telephone directories as to availability and the local telephone numbers.

Since programs do change, readers are reminded that this booklet is published as a guide. Specific details should be obtained directly from the sources listed.

The Office for Family and Prevention Services would like to thank the various departments and organizations whose cooperation has made this guide possible.

Personal Record

Name: _____

Address: _____

_____

Postal Code:_____ Telephone #: _____

Social Insurance #:_____

Medical Insurance #: _____

Medicare #: _____

Old Age Security (Pension) Number: _____

Name and telephone number of:

_____ _____

Relative (in emergency) Friend (in emergency)

_____ _____

Doctor Drug Store

_____ _____

Clergy Other

Emergency Telephone Numbers:

Ambulance_____

Fire _____

Hospital _____

Police _____

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Inquiries

Federal Government Information

Division of Aging and Seniors
Health Canada
Jeanne Mance Building, 8th Floor
Tunney's Pasture, A.L. #1908A1
Ottawa, Ontario K1A 1B4

Telephone: (613) 952-7606
Fax: (613) 957-7627

Internet: http://www.hc-sc.gc.ca/seniors-aines

The government of Canada administers many programs and services for seniors. For more information on all programs and services, consult the **Seniors' Guide to Federal Programs and Services**, available at no cost from the above address.

Provincial Government Information

General inquiries about provincial government programs and services can be made by calling toll-free:

For service in English	1-888-762-8600
For service in French	1-888-762-8700

After Hours Emergency Social Services

Fredericton exchange	Telephone: (506) 453-2145
Other areas	Toll Free: 1-800-442-9799

After Hours Emergency Social Services provide emergency response during the evenings, nights, weekends and holidays. A trained social worker provides telephone counselling for clients in distress, authorizes emergency social assistance, and refers non-emergency situations to the local office for follow-up during regular working hours. Situations that involve serious danger are referred to a local social worker who will take any action deemed necessary.

New Brunswick Government Services
www.gov.nb.ca

Department of Advanced Education and Labour

P.O. Box 6000
Fredericton, N.B. E3B 5H1

Telephone: (506) 453-2597
Fax: (506) 453-7913

New Brunswick Community College

The ten campuses in the New Brunswick community college network offer many short-term courses on a full range of skills and activities. They also offer community literacy assistance. There are six anglophone campuses: Miramichi, Moncton, Saint John, St. Andrews, Woodstock and the New Brunswick College of Craft and Design; and four francophone campuses: Bathurst, Campbellton, Dieppe and Edmundston. For further information, contact the nearest community college campus (see page 69) or the above address.

New Brunswick Human Rights Commission

The New Brunswick Human Rights Commission administers the **Human Rights Act** of New Brunswick, which is a provincial law that prohibits discrimination (inequality) based on age, race, colour, national origin, place of origin, ancestry, religion, physical and mental disability, sex, sexual orientation or marital status. Mandatory retirement is prohibited except when it is based on an employer sponsored retirement or pension plan.

The Act applies to all provincially regulated employment, housing and public services, whether in the private or public sectors.

A victim of discrimination may file a complaint with the Human Rights Commission. The Commission investigates and attempts to conciliate such complaints and also works to reduce discrimination by improving social systems and public attitudes.

See page 71 for the New Brunswick Human Rights Commission office in your area.

Pensions Branch

Superintendent of Pensions
P.O. Box 6000
Fredericton, N.B. E3B 5H1

Telephone: (506) 453-2055
Fax: (506) 453-3806

Anyone who has paid into a private pension plan and has questions or concerns about it, should direct inquiries to the above branch.

Department of Economic Development and Tourism

P.O. Box 12345
Woodstock, N.B. E0J 2B0

Toll free: 1-800-561-0123

The New Brunswick Department of Economic Development and Tourism produces several publications of interest to people of all ages travelling in the province.

The *Travel Planner* is full of ideas on what to see and do in New Brunswick. This guide also contains the Accommodations and Campground Directory.

The *Welcome to New Brunswick* guide gives even more details on travelling in New Brunswick.

For those who love the outdoors, the *Tides and Trails* guide features information and articles on bird-watching, hiking, cycling, whale-watching and much more.

The *Fish and Hunt* catalogue will be of interest to those who enjoy hunting and fishing. Complete with a list of outfitters and information on species and regulations, this will be a useful publication for those who thrill to the challenge of rod or rifle.

The winter guide includes activities for the winter and early spring season.

Each of the above publications (except *Tides and Trails*) also features day and multi-day packages that will make planning a vacation easier and more economical.

To receive your copy of any of these publications or for general tourist information simply telephone toll-free 1-800-561-0123.

Self-Start Program

Self-Start is an initiative of the province of New Brunswick to encourage and promote new small businesses established throughout the province. It is designed to provide personal loans to entrepreneurs up to a maximum of $10,000, for use as equity investment in eligible new businesses, via participating financial institutions at a floating interest rate of prime plus one percent. These loans are guaranteed by Provincial Holdings Ltd. for three years. Principal payments commence in the 13th month of the loan.

At the end of the third year, the guarantee expires, and the New Brunswick Self-Start program loan becomes a normal loan. At that time, the monthly payment amount, the interest rate, and the

security are negotiated by the borrower and the lending institution using normal loan assessment procedures. Any loans not assumed by the lending institution must be repaid in full.

For further information and for an application form, contact the Department of Economic Development and Tourism, Small Business Directorate, at (506) 453-3890.

Department of Finance

Handicapped Persons (Disability Credit)

Department of Finance
Revenue Division
Policy and Communications Branch
P.O. Box 3000
Fredericton, N.B. E3B 5G5

Telephone: (506) 453-2404
Fax: (506) 457-7335

Under the *Harmonized Sales Tax Act*, individuals with a disability that have purchased a motor vehicle from an *HST Registrant* may apply to the Province of New Brunswick for a refund of 8/15th of the tax paid (NB component of the HST) if the passenger vehicle, truck or van in respect of which the tax was paid is:

a) specially equipped with:

1) a device that is used primarily to enable a wheelchair or scooter to enter or leave the passenger vehicle, truck or van, or

2) auxiliary driving controls that are used to facilitate the operation of the passenger vehicle, truck or van; and

b) is not operated by any person for the purpose of earning a profit for any person or as part of any undertaking carried on for gain.

Where a disabled individual purchases a motor vehicle from a **private sale** and the **Provincial Vehicle Tax (PVT)** has been paid, the Province of New Brunswick will refund the full 15% PVT.

For more information on criteria for refund, please contact the Department of Finance at the above address.

Low Income Seniors' Benefit

Department of Finance
Revenue Division
Policy and Communications Branch
P.O. Box 3000
Fredericton, N.B. E3B 5G5

Telephone: (506) 453-2404
Fax: (506) 457-7335
Toll free: 1-800-669-7070

The government has introduced a program to help low-income seniors with the increased cost of electricity and home heating fuel as a result of an increase in the tax rate. Low-income seniors will be eligible for one payment of $100 per year.

Under this program, low-income seniors are defined as New Brunswick residents who receive the federal Guaranteed Income Supplement (GIS). Where both spouses receive the GIS, only one payment will be available (the definition of a spouse is determined under the income tax system).

The program is effective for the 1997 calendar year, with applications available from the Revenue Division (Department of Finance). To apply, seniors must fill out and send in the application form to the Department of Finance with the required documentation.

Applicants must provide proof that they received GIS in 1997.

New Home Construction and Home Renovations HST Credit

Department of Finance
Revenue Division
Policy and Communications Branch
P.O. Box 3000
Fredericton, N.B. E3B 5G5

Telephone: (506) 453-2404
Fax: (506) 457-7335

Beginning April 1, 1997, the government provided a payment of up to $1,500 to qualifying applicants buying a new home or renovating an existing one through a GST-HST registered contractor. For new homeowners, this is in addition to the existing federal GST housing rebate. For those hiring contractors to do home improvement projects, it represents a bold new initiative. This program will be reviewed after one year.

The credit is equal to four per cent of the pre-tax contract price, up to a maximum of $1,500. To qualify, the new housing or renovation project must cost a minimum of $1,500, with no receipt less than $500 and, most notably, the work must be done by a contractor registered to collect the HST. The work must be done on the owner's principal residence and at least 25 per cent of the value of the contract must consist of labour costs.

Personal Income Tax

Department of Finance
P.O. Box 6000
Fredericton, N.B. E3B 5H1

In 1996, the government announced personal income tax reductions, to be phased in from 1997 to 1999. All New Brunswick tax payers will benefit from this reduction.

Effective January 1, 1997, the personal income tax rate was reduced from 64 to 63 per cent of basic federal tax. On January 1, 1998, the rate dropped from 63 to 61 per cent of basic federal tax. And, on January 1, 1999, the government plans to reduce the rate a third time, from 61 to 57.5 per cent of the basic federal tax. These reductions are automatically incorporated into personal income tax returns, administered by Revenue Canada. By 1999, New Brunswickers will have experienced a 10.2 per cent reduction in provincial income taxes and gained $126 million in disposable income.

Public Service Employee Benefits Branch

Department of Finance
P.O. Box 6000
Fredericton, NB E3B 5H1

Telephone: (506) 453-2296
Toll Free : 1-800-561-4012
Fax: (506) 457-7388

Anyone who has paid into a private pension plan and has questions or concerns about it, should direct inquiries to the Superintendent of Pensions with the Department of Advanced Education and Labour.

Retired provincial employees of government departments; school boards; hospitals; N.B. Power; N.B. Liquor; Workplace, Health & Safety Compensation Commission and the University of New Brunswick should direct pension inquiries and questions concerning other employment related benefit programs (health care, dental care, group life, long term disability) to the Public Service Employee Benefits Branch of the Department of Finance. In most cases these employees will be receiving a monthly cheque (or income by direct deposit) from one of the provincially sponsored pension plans.

Department of Health and Community Services

P.O. Box 5100
Fredericton, N.B. E3B 5G8

Telephone: (506) 453-2536
Fax: (506) 444-4697

Adult Protection Program

Adult Protection is a program to help adults who are being abused or neglected by others or who are unable to properly care for themselves. Any adult who is 65 years of age and over or any person 19 years of age and over who has a physical or mental disability can receive help from the Adult Protection Program.

For further information, contact the local Family and Community Social Services office (see page 66).

Adult Residential Services

To ensure services are provided to meet the residential needs of adults, the Department of Health and Community Services approves and monitors adult residential facilities. These facilities offer services through the Long Term Care Residential Model or through transition houses.

The Long Term Care (LTC) Residential Model is based on the functioning capacity of clients rather than age, diagnosis, and/or debilitating condition. Access to a residential facility is based on eligibility which is determined through a LTC assessment. Services are offered in residential facilities designated 1 to 4, according to the type of client being served - level 1 being the lowest level of care required and level 4 being the highest.

Transition houses are short term residential facilities for women and their children who are victims of family violence. Counselling and support services are provided to assist the victims in making decisions about their future.

For further information, contact your local Family and Community Social Services office (see page 66).

Ambulance Services Branch

Department of Health
and Community Services
P.O. Box 5100
Fredericton, N.B. E3B 5G8

Telephone: (506) 453-2220
Fax: (506) 453-2958

Health Services Program

Ambulance transportation is provided free to valid Health Card holders, provided the service is to or from a hospital. This program covers such situations as ambulance transportation between a person's residence and the hospital. This program applies to income assistance recipients, subsidized nursing home residents and child welfare cases only.

Non Health Card Holders

Ambulance services in communities served by a salaried ambulance service costs $275. In communities with non-salaried ("volunteer") ambulance service, the cost is $100. This amount covers all costs of ambulance service within the Maritimes regardless of distance travelled.

Inter-Hospital Transfer Program

Upon a physician's request, the cost of:

- medically necessary air/land ambulance transportation of patients between two New Brunswick hospitals, and
- medically necessary air/land ambulance transportation of patients between a New Brunswick hospital and the nearest out-of-province hospital in Canada, is paid by the Department of Health and Community Services, minus a patient charge of $50. Valid Health Card holders (i.e., income assistance recipients, subsidized nursing home residents and child welfare cases) are exempted from a patient charge.

Health Promotion for Seniors

Pamphlets and information on a wide variety of topics are available from local Public Health Services offices. Upon request, staff members are available to speak to groups on issues such as nutrition, maintaining healthy weight, tobacco use, safety, managing medication and the benefits of physical activity.

The health promotion services available from Public Health staff are intended to help seniors understand their health and the aging process.

For further information, contact the local Public Health Services office (see page 72).

Hospital Services

Acute care is available to entitled residents of New Brunswick through either in-patient or out-patient services at a hospital facility, or through at-home services provided by the Extra-Mural Program.

A variety of services are offered to seniors by health professionals in hospital facilities. Some examples include: medical, nursing, and all diagnostic and therapeutic services such as dietetic, respiratory therapy, physiotherapy, occupational therapy, and more. Admission and care provided to patients in a hospital facility is the responsibility of an authorized physician.

Programs in alcoholism and drug dependency are provided and include prevention, treatment and rehabilitation. These programs are targeted to all age groups. In some regions, education programs have been developed specifically for seniors. In addition, a variety of resource information is available from regional Addiction Services offices (see page 64).

Home Health Care

The Extra-Mural Program provides home health care to eligible individuals of all ages who are residents of New Brunswick. The program's goals are to:

- ensure that the N.B. Extra-Mural Program provides consistent and equitable community health services to New Brunswickers across the province;
- ensure that the needs identified by the client, family and community are being met by providing community health care services which are appropriate, high quality, cost effective and which encourages the continuity of care between and among other community agencies and institutions; and
- provide a systematic and strategic approach to the continuous management of quality improvement in services delivery.

For further information contact the Extra-Mural Program Service Delivery Unit closest to you (see page 69).

Long-Term Care Strategy

Through this program, individuals who are limited in their ability to carry out normal daily activities and require assistance are able to have their support service needs assessed in order to determine if they qualify for any of the services. The assessment

is done by a social worker and a nurse along with the person and the family. Together they will determine the types of services that are necessary.

The types of services available include counselling, home-maker/ housekeeper, meals-on-wheels, relief care, nursing, etc. The government pays for those who are unable to pay the full cost of their services.

Relief care is provided to families caring at home for persons who need assistance with personal care on a 24-hour basis. If the person meets the eligibility criteria, arrangements can be made for relief care both in home and out of home on a specified short term basis.

If it is decided that the senior can no longer remain at home, placement in a residential facility may be considered.

A panel reviews the cases where complex care plans are required or if placement is an option.

Nursing Homes

Nursing homes provide nursing care services for eligible individuals whose care needs are greater than the family, and residential facilities outside of nursing homes can provide. For information regarding nursing home eligibility, see Long Term Care Program on page 15.

The Nursing Home Services Branch of the Department of Health and Community Services is responsible for managing the nursing home program. It sets and monitors standards, inspects nursing homes for licensing purposes and provides subsidies for eligible individuals who cannot cover the full cost of nursing care.

The branch encourages nursing homes to seek accreditation under the long term care program of the Canadian Council on Health Services accreditation. Detailed information regarding standards and licenses is available from the branch at (506) 453-3821.

For further information about the Long-Term Care Strategy, contact your local Family and Community Social Services office (see page 66), the Extra-Mural Program (see page 69) or the Community Mental Health Services office (see page 65) in your area.

Medicare

Department of Health
and Community Services
P.O. Box 5100
Fredericton, N.B. E3B 5G8

Telephone: (506) 453-2161
Fax: (506) 453-2726

Medicare New Brunswick covers most services provided by medical practitioners to eligible residents of New Brunswick, regardless of age. The plan generally covers medical services rendered in New Brunswick and in Canada. In order to maintain Medicare coverage you must be present in the province a minimum of 183 days in a 12 month period.

For services rendered outside Canada, Medicare will only cover emergency services at a maximum daily rate of $100 for in-patient stay and $50 for an out-patient visit. Physician fees are reimbursed at New Brunswick rates. The beneficiary is responsible for paying the difference between the full amount charged and the amount paid by New Brunswick Medicare. The difference can be considerable, and for this reason supplementary health insurance is advised when travelling outside Canada.

Mental Health Services Division

P.O. Box 5100
Fredericton, N.B. E3B 5G8

Telephone: 444-4442
Fax: 453-8711

The overall mission of the Mental Health Services Division is to improve, restore and/or maintain the mental health and emotional well-being of the citizens of New Brunswick.

This is accomplished through providing treatment, rehabilitation and maintenance programs, as well as promotion/prevention. All programs focus on the individual and ensure individual and community involvement.

Services are available through community mental health services, psychiatric units of regional hospitals and the province's two psychiatric hospitals.

For further information, contact the division's Central Office or one of the local Community Mental Health Services offices near you (see page 65).

Office for Family and Prevention Services

P.O. Box 5100
Fredericton, N.B. E3B 5G8

Telephone: (506) 453-2950
Fax: (506) 453-2082

Within government, the Office for Family and Prevention Services provides a focus for seniors' issues. The Office also works in partnership with community groups in program development.

The Office produces a regular newsletter entitled *News and Views for Older Adults* as well as *Reflections* fact sheets on topics relevant to older adults. Topics covered to date include: *Healthy Active Aging, On Medication Use, Sleeping, Constipation, Diabe-*

tes, Snacking Tips for Seniors, A Smile for All Seasons (dental care), *Blood Pressure, Depression*, and *Non-Smokers Inhale Too!* The Office maintains a mailing list and all individuals on it automatically receive a copy of any new publications.

In addition to the *Seniors' Guide to Services and Programs*, the office has published other documents including *Enhancing Seniors' Independence: Building for the Future; New Brunswick's Senior Citizens: A Socio-demographic Report; Hints for Caregivers: Providing Care and Assistance to Older Family Members*; and *Elder Abuse: What is it? Whom does it affect? What can you do about it?*

All materials are free of charge and available in English and in French. To receive any of the above mentioned materials or to be added to the mailing list, please write the Office at the above address.

Oxygen Program

Department of Health
and Community Services
P.O. Box 5100
Fredericton, N.B. E3B 5G8

Telephone: (506) 453-2283
Fax: (506) 453-2958

The New Brunswick Extra-Mural Program manages the provincial Oxygen Program. Oxygen concentrators are available to patients of all ages who meet medical criteria, are residents of New Brunswick and are referred to the program by a physician. Referrals and questions can be directed to any of the Extra-Mural Service Delivery Units throughout the province (see page 69).

Prescription Drug Program

P.O. Box 690
Moncton, N.B. E1C 8M7

Toll Free: 1-800-332-3692
Telephone: (506) 867-4515
Fax: (506) 867-4651

The Prescription Drug Program provides prescription drug benefits to eligible residents of New Brunswick. The program is targeted to those with a demonstrated medical and financial need. There are several individual drug plans, each designed to meet the needs of individuals who are:

- eligible New Brunswick residents 65 years of age or older who receive the Guaranteed Income Supplement (GIS) or qualify for the Prescription Drug Program based on an income test;

- nursing home residents registered with Medicare;
- registered cystic fibrosis patients;
- registered organ transplant recipients who require Cyclosporin;
- individuals who are registered and require the drug Human Growth Hormone;
- registered HIV infected individuals requiring "Retrovir" (AZT);
- clients holding health cards issued by either the Department of Human Resources Development or the Department of Health and Community Services;
- children in care of the Minister of Health and Community Services.

A copay of $9.05 per prescription is charged for each prescription dispensed under the Seniors' Drug Program. (There is no copay for nursing home residents.) Persons receiving the GIS have a maximum annual co-payment ceiling of $250.

There is a $50 registration fee for the specialty plans plus a 20% or $20 per prescription co-payment fee. An annual ceiling of $500 per family for prescription is in place.

Persons with health cards issued by the Department of Human Resources Development contribute a co-payment of $4 ($2 for children under 18) for each prescription. (There is no copay for children in the care of the Minister.)

Specific details are available by calling the above telephone number.

Public Health Inspection

This service is concerned with the health aspects of water and food supply, waste disposal, and sanitation as it relates to the community in general, institutions and recreational areas.

Activities include physical inspections to ensure adherence to regulations and standards, monitoring information generated on the quality of water and food, public education, food and waterborne communicable disease investigation and when necessary, enforcement in the courts.

For more information please contact your regional Public Health Services office (see page 72)

Seniors' Rehabilitative Equipment Program

Canadian Red Cross Society
New Brunswick Division
P.O. Box 39
Saint John, N.B. E2L 3X3

Telephone: (506) 648-5044
Toll Free: 1-800-561-9151
Fax: (506) 648-5016

Residents of New Brunswick who are aged 65 and over may borrow, without charge, rehabilitative equipment from the Canadian Red Cross Society. Funding for this program is provided by the Department of Health and Community Services. To obtain equipment services, a written referral must be completed by a New Brunswick physician, nurse, physiotherapist, or occupational therapist. Most standard equipment is available from the local Canadian Red Cross Society office. Inquiries regarding the availability of specialized equipment may also be directed to the local office. All equipment is returned to the local Canadian Red Cross Society office when it is no longer required.

For further information contact the local Canadian Red Cross Society office (see page 65).

Vital Statistics

P.O. Box 6000
Fredericton, N.B. E3B 5H1

Telephone: (506) 453-2385
Fax: (506) 444-4139

The Vital Statistics office has the responsibility for collecting, recording, tabulating and registering births, marriages and deaths. Copies of birth, marriage or death certificates are available for a fee by contacting the above office. Official Certificates can only be issued for births, marriages and deaths which occurred in New Brunswick.

Special Occasion Certificates (non-official) used to commemorate a birth event, special birthday or wedding anniversary are also available.

Individuals who wish to officially change their names or obtain a marriage license can also contact the office.

There is a fee for the products and services mentioned. These fees are subject to change.

Department of Human Resources Development - NB

P.O. Box 6000
Fredericton, N.B. E3B 5H1

Telephone: (506) 453-2001
Fax: (506) 453-7478

Human Resources Development-NB is responsible for delivering programs and services that provide financial support to clients in need and help clients achieve self-sufficiency. These programs and services are delivered through 21 service locations (see page 66).

Extended Benefits Program

This program is intended to provide financial support to persons and families for whom dependency on the department is long term due to a particular disability

Interim Assistance Program

This program is intended to provide financial assistance to persons and families who are in need, yet are expected to attain self-sufficiency in a relatively short period of time. Benefits and services to these clients are generally temporary in nature.

Special Needs Benefits Program

Special needs benefits are supplementary to basic assistance and can be provided to meet one-time emergencies or can be provided for a longer term. The majority of benefits are for medically related services, fuel and school supplements as well as the monthly income supplement benefit.

Transitional Assistance Program

This program is intended to provide financial assistance to persons and families who have potential to become self-sufficient once certain barriers to employment are addressed.

Department of Justice

Suite 202
403 Regent Street
Fredericton, N.B. E3B 3X6

Telephone: (506) 451-1424
Fax: (506) 451-1429

All people in New Brunswick are entitled to criminal legal aid if they qualify on the basis of need. The Legal Aid System operated by the Law Society of New Brunswick covers only serious criminal matters. There are eight Legal Aid offices around the province (see page 67).

The civil legal aid service covers only certain types of family law cases. It is operated by the Department of Justice in the Family Division of the Court of Queen's Bench.

Department of Municipalities, Culture and Housing

P.O. Box 6000
Marysville Place
Fredericton, N.B. E3B 5H1

Telephone: (506) 453-2690
Fax: (506) 457-4991

Housing Programs

The Department of Municipalities, Culture and Housing (MCH) provides housing assistance for seniors both through specific programming, and through existing programs and services.

Choices for Independent Living: Aging in Place is an initiative specifically designed for seniors who are public housing tenants.

Federal/Provincial cost-shared programs, such as *Residential Rehabilitation Assistance Program (RRAP)* and the *Home Adaptations for Seniors Independence (HASI) Program* are delivered through regional offices. These programs are dependent upon the renewal of federal funding from year to year. They help low income seniors make repairs to bring their homes up to health and safety standards (RRAP), or to make minor adaptations to their homes to assist with daily living activities (HASI).

The Department also assists low-income seniors in need of subsidized rental accommodation through the Public Housing, Rent Supplement and Non-Profit Housing Programs.

Seniors who are homeowners are also assisted through provincially-funded home repair programs. These change periodically, so seniors interested in these, or any other of the department's housing programs, should contact the MCH Regional Office in their region (see page 68).

Sport, Recreation and Active Living Branch

This branch offers grant programs and consultative services at the local, regional and provincial levels through a network of consultants in central office and regional offices (see page 68).

The branch's mandate is to stimulate the development of recreation, sport and active living by building strong partnerships with provincial, regional and local volunteer organizations and agencies.

The branch is also a key partner in the promotion and development of the Healthy Active Living Program for Older Adults.

Active Living

Active living is a way of life in which physical activity is valued and integrated into daily life. Active living (as opposed to tradi-

tional fitness) is a concept that addresses seniors' needs. It includes everyday activities such as walking, climbing stairs, gardening and shopping, and is part of the holistic approach to healthy aging.

The Healthy Active Living Program for Older Adults provides free information sessions on wise use of medications, physical activity, healthy eating, stress management, and healthy choices. The sessions are led by trained older adult volunteers who offer friendship and support by helping seniors take charge of their own health and well-being.

For more information, please contact the regional offices (see page 68) or call (506) 453-2312.

Department of Natural Resources and Energy

Fish and Wildlife Branch
P.O. Box 6000
Fredericton, N.B. E3B 5H1

Telephone: (506) 453-2440
Fax: (506) 453-6699

Fishing

Residents of New Brunswick age 65 and over can obtain a free licence to angle for landlocked salmon, trout, smallmouth bass, and any other fish except Atlantic salmon. For Atlantic salmon, seniors purchase a separate license that costs nine dollars and twenty cents. Check the department's New Brunswick Sport Fishing Summary, which is updated yearly, for further regulations and information.

Hunting

Residents of New Brunswick age 65 and over may obtain hunting licenses (other than a moose license) at reduced fees.

New regulations are now in effect for hunters with physical disabilities.

For further details, contact the Fish and Wildlife Branch or consult the New Brunswick Hunting Summary, published by the Fish and Wildlife Branch, for hunting regulations and information. The summary is updated annually.

Department of Transportation

P.O. Box 6000
Fredericton, N.B. E3B 5H1

Telephone: (506) 453-2802
Fax: (506) 453-3701

Vehicle Retrofitting and Accessible Vehicle Program

This program is designed to provide assistance for retrofitting vehicles with eligible accessibility features.

Grants are available to eligible applicants of up to 80% of the first $5,000 and 50% of the next $6,000 up to a maximum grant of $7,000.

Some examples of features eligible for assistance under the program are:

- wheelchair lifts and ramps;
- scooter lifts;
- roof, floor, and door alterations (if part of an accessible retrofit);
- special seating;
- hand controls and special pedals;
- restraint tie downs; and
- chair topper wheelchair carriers.

New Brunswick Advisory Council on the Status of Women

770 Main Street, 8th Floor
Moncton, N.B. E1C 1E7

Telephone: (506) 856-3252
Toll Free: 1-800-332-3087
Fax: (506) 856-3258

The Advisory Council advises the New Brunswick government on matters relating to the status of women, and reports directly to the Minister Responsible for the Status of Women. It consists of 12 members appointed by cabinet who meet at least four times per year to study women's issues. The council may receive and hear petitions from individuals and groups; undertake research on matters relevant to women's equality; recommend and participate in relevant programs; propose legislation and policies to improve the status of women; and publish reports, studies and recommendations.

Issues of concern to the council that may be of special interest to older women fall under the categories of family law, wife assault, pensions, health, poverty, services for alcoholic and drug-dependent women and access to legal services.

New Brunswick Geographic Information Corporation / Service New Brunswick

P.O. Box 6000
Fredericton, N.B. E3B 5H1

Telephone: (506) 453-2658
Fax: (506) 453-3043

Property Tax Allowance Program

A property tax allowance is available on January 1 each year to the registered owner (or beneficiary) of a residential property which is maintained as the owner's principal residence, provided the total combined taxable income of the applicant and their spouse or common-law spouse did not exceed $20,000 in the previous year. The Property Tax Allowance Program will credit the current year tax levy to a maximum of $200.00 on the portion of the property receiving the residential tax credit.

To receive the allowance, application must be made before September 30 each year. Application forms are available at Revenue Offices, Service New Brunswick (SNB) centres and Assessment offices (see page 70). For more information call the SNB Call Centre at one of the following numbers:

1-888-762-8600 for service in English
1-888-762-8700 for service in French

Renew Vehicle Registrations by Phone

For the convenience of customers, motor vehicle registration renewals can now be done by phone. Call the Service New Brunswick Call Centre at:

1-888-762-8600 for service in English
1-888-762-8700 for service in French

Callers must have a valid Visa or MasterCard credit card and will need to have the following items on hand:

1) Registration Renewal Form
2) Vehicle insurance card (except for trailers and all-terrain vehicles)
3) Visa or MasterCard number and expiry date

Service is available during regular business hours, evenings and Saturdays as follows:

Monday through Friday	8:30 AM - 10:00 PM
Saturdays	10:00 AM - 5:00 PM

The new registration and licence plate stickers are sent by mail and are generally received within five days. Vehicle registrations can still be renewed by mail, by visiting a Service New Brunswick Centre or a Provincial Revenue Office.

New Brunswick Power Corporation

P.O. Box 2000
Fredericton, N.B. E3B 4X1

Telephone: (506) 458-3444
Fax: (506) 458-3572

For further information about the following programs, contact your local NB Power Corporation office at 1-800-663-6272.

For Credit and Collection information, telephone: 1-888-433-7968

Consumer Approved Payment

Customers can register to have their monthly power bill payment withdrawn automatically from their bank account by calling Customer Service at 1-800-663-6272.

Dusk to Dawn Area Lighting

For a monthly rental fee NB Power customers can have security area lighting installed on their property. Installation and maintenance are provided by N.B. Power.

Equalized Billing

Customers can have their yearly energy bill spread out evenly over a 12 month period. Simply call NB Power to start this service.

Home Energy Check

Any customer can request a free home visit by an energy advisor who will walk through and give advice on energy conservation matters.

Office of the Premier

Room 212 Centennial Building
P.O. Box 6000
Fredericton, N.B. E3B 5H1

Telephone: (506) 453-2144
Fax: (506) 453-7407

Congratulatory messages can be arranged for certain birthdays and wedding anniversaries by contacting the Office of the Premier. A certificate or letter of congratulations can be requested as follows:

Message From	Birthday	Anniversary
Premier, Prime Minister of Canada, Federal Leader of the Opposition, Member of Parliament, Member of the Legislative Assembly	Age 70 and over	25th plus
Lieutenant Governor	Age 80 and over	50th plus
Governor General	Age 90 and over	50th plus
Queen*	Age 100 and over	60th plus

* Requests for messages for the 100th birthday and over and for the 60th anniversary and over need to be accompanied by a photocopy of a birth or marriage certificate or a statement from clergy.

Premier's Council on the Status of Disabled Persons

Suite 648 - 440 King Street
Fredericton, N.B. E3B 5H8

Telephone (Voice or TDD):
(506) 444-3000
Toll Free: 1-800-442-4412
Fax: (506) 444-3001
E-mail: pcsdp@gov.nb.ca
Web Site: http://www.gov.nb.ca

The Premier's Council on the Status of Disabled Persons offers information and assistance to individuals or groups on any topic related to persons with disabilities, and it can act as an intervenor in unusual individual problems. A library of information on topics likely to be of interest to persons with disabilities is maintained.

As well, the council publishes a newsletter and a Directory of Services Offered to Persons with Disabilities in New Brunswick. Information may be distributed in braille or large print or on audiocassette or computer disk if requested.

Federal Government Services
www.canada.gc.ca

Canada Mortgage and Housing Corporation

Fredericton Branch
P.O. Box 158
Suite 370, King's Place
440 King Street
Fredericton, N.B. E3B 5R2

Telephone: (506) 452-3050
Fax: (506) 451-6066

The Corporation undertakes a number of initiatives that are designed to extend the range of housing choices for older Canadians. Publications are available on topics such as *Housing Choices for Older Canadians* and *At Home with Alzheimer Disease: Useful Adaptations to the Housing Environment.* There is a fee for most publications.

Income Security Programs

Human Resources Development Canada
615 Prospect Street West
P.O. Box 250
Fredericton, N.B. E3B 5V6

For service in English: 1-800-277-9914
For service in French: 1-800-277-9915
TTY: 1-800-255-4786

Human Resources Development Canada (HRDC) administers two income assistance programs for seniors through its Income Security Programs. Application forms and detailed information on these programs can be received through contacting the address above. It is recommended that you call ahead for an appointment. For faster service, call Tuesday through Friday during the middle weeks of the month. Please have your Social Insurance Number ready when you call.

Canada Pension Plan (CPP)

The Canada Pension Plan (CPP), which has been operating since 1966, is designed to help protect you and your family against the loss of earnings if you retire, become disabled or die. It is funded entirely by the contributions of employees, employers and the self-employed, as well as the earnings on the investments of

the Canada Pension Plan Investment Fund. The Plan operates in all parts of Canada except in Quebec which has its own similar pension program, the Quebec Pension Plan (QPP).

Canada Pension Plan Retirement Pension

A CPP retirement pension is an earnings-related benefit, payable monthly upon application to people who have been credited with contributions and who are at least age 60.

The amount depends on the level of your earnings during your contributory period, and the age at which you choose to begin receiving your pension.

Benefits are payable in Canadian dollars, anywhere in the world for your lifetime.

You are eligible for a CPP retirement pension if you have applied for the pension, if you have been credited with contributions to the Plan in at least one year, and either

a) you are at least 65 years of age; or

b) you are age 60 to 64, and you have wholly or substantially ceased working.

You must apply for your retirement pension. If you are receiving a CPP disability benefit when you reach age 65, your disability pension will automatically be converted to a retirement benefit the month after your 65th birthday.

Canada Pension Plan Survivor Pensions

To be eligible for a survivors benefit or death benefit, the deceased contributor must have met the minimum contributory requirements. If the contributory period (from 1966 or age 18, which ever is the latter, until age 65) is more than nine years, contributions must have been made in the lesser of:

a) one third of the calendar years in the contributory period, or

b) 10 calendar years.

Survivor benefits are payable to the estate, the surviving spouse and the dependent children of a deceased CPP contributor. There are three types of survivor benefits:

- *Surviving Spouse's pension*: a monthly pension for the surviving spouse of a deceased contributor.
- *Children's benefits*: flat-rate monthly benefits provided for the dependent child or children of deceased contributors.

- *Death benefit*: a lump-sum benefit payment to or on behalf of the estate of the deceased contributor.

Canada Pension Plan Disability Pensions

CPP Disability pensions are payable to disabled CPP contributors and to their dependent children.

You are eligible for a disability pension if:

- you are between 18 and 65 years of age; and
- you are disabled according to CPP legislation; and
- you have contributed to the CPP in four of the last six years. During that period, your earnings have to be at least 10% of the year's maximum pensionable earnings. (In 1998, that figure is $36,900.)

There are two types of disability pensions:

- a monthly pension payable to the disabled contributor; and
- a monthly benefit for the dependent children of the disabled contributor.

Your disability must be a physical or mental impairment that is both severe and prolonged. "Severe" means that your condition prevents you from working regularly at any job, and "prolonged" means that your condition is long term or may result in death.

If you have a mental or physical condition which will seriously affect your ability to earn, and will do so for more than a temporary period, you should consider applying.

Your child will be eligible for a disabled contributor's child's benefit if you receive a disability benefit and the child is your natural child, legally adopted child or child adopted in fact, or a child who is in your custody and control. Your child must be under age 18, or age 18 to 25 and in full-time attendance at school or university.

If the child reaches age 18 and is not in full-time attendance at school or university, the benefit ceases. If, however, the child returns to full-time attendance at school or university and is still between the ages of 18 and 25, the benefit may be reinstated.

A child may receive up to two flat-rate benefits under the CPP if both parents were CPP contributors and are either deceased or are disabled and if all conditions of eligibility are met with respect to both benefits.

Old Age Security Program (OAS)

Basic Old Age Security (OAS)

The basic Old Age Security (OAS) pension is a monthly benefit available, upon application, to persons who meet the requirements.

In order to qualify for an Old Age Security Pension you must:

- be aged 65 years or over; and
- have reached a minimum of 10 years of residence in Canada after reaching age 18; and
- be a Canadian citizen or a legal resident of Canada; **or**
- if you no longer reside in Canada, you must have been a Canadian citizen or a legal resident of Canada at the time you ceased to reside in Canada and have resided in Canada for 20 years after age 18.

Agreements with other countries

Many immigrants have contributed to social security programs in their countries of origin. If you have less than the minimum requirements in Canada, you may qualify under an international social security agreement if you resided or worked in a country with whom Canada has an agreement. To determine if one of these agreements affect you, contact Human Resources Development Canada at the address above.

Guaranteed Income Supplement (GIS)

The Guaranteed Income Supplement (GIS) is an income-tested, monthly benefit for Old Age Security pensioners whose income, other than from the Old Age Security pension, is limited.

To qualify for the Guaranteed Income Supplement, you must be receiving the Old Age Security pension, you must be resident in Canada and your income must be at or below the qualifying income level. If you are married (legal or common-law), you and your spouse must have a combined income at or below the qualifying level.

Spouse's Allowance

A Spouse's Allowance is an income-tested, monthly benefit payable to the 60 to 64 year-old spouses of Old Age Security pensioners based on the combined income of the couple.

To qualify for a Spouse's Allowance, you must meet certain

requirements relating to age, legal residence, residence in Canada, marital status, and income or combined income if you are married. You must be married to a qualified pensioner who receives the GIS to qualify for Spouse's Allowance.

Widowed Spouse's Allowance

The Widowed Spouse's Allowance is an income-tested monthly benefit payable to low income widowed persons 60 to 64 years of age based on their income, provided that the residence requirements are met.

To qualify for a Widowed Spouse's Allowance, you must meet certain requirements relating to age, legal residence, residence in Canada, marital status and income.

Revenue Canada

Canadian Residents Going Down South

Many seniors travel to the United States for a vacation or for their health, but still maintain residential ties in Canada.

If you travel to the U.S. your Revenue Canada tax services office has a pamphlet that will help you understand the Canadian and U.S. tax laws that may affect you. Called *Canadian Residents Going Down South,* it provides information such as whether you have to file a U.S. tax return, or whether you are affected by the new proposed reporting requirements on foreign property that you own or have an interest in.

The information in this pamphlet does not apply to you if you are a U.S. citizen, if you have been granted permanent-resident status (i.e., a green card) by the U.S. Immigration and Naturalization Service, or if you have residential ties to a country other than the U.S. and Canada.

The pamphlet also explains how Canadian customs laws apply. For example, regardless of whether you go for seven days or six months, the same benefits apply when it comes to bringing goods into Canada. There are no special benefits for Canadian residents who go south for the winter.

Foreign goods or vehicles that you import for your personal use in Canada have to meet all the import requirements, and you have to pay any duties that apply. This means that, if you rent, borrow, own, or maintain goods or vehicles outside the country, you cannot bring them into Canada, even for a few days, unless the goods or vehicles meet all the import restrictions, and you pay all duties and assessments that apply.

What's the bottom line? After seven or more days' absence, you can bring in goods worth up to $500 Canadian without paying any duties. For goods worth more than $500, duties are charged only on the amount that is more than $500. For example, for a $600 item, you have to pay duties on $100. You can include limited amounts of alcoholic beverages and tobacco products in the $500 exemption. In addition, you have to carry these products with you or in your checked luggage. The pamphlets *I Declare* and *Bringing Back Goods from the United States* give more details on customs requirements.

For more information or to order publications from within New Brunswick, please contact your Revenue Canada tax services office at 1-800-959-8281 or customs office at 1-800-461-9999.

Income Tax Filing Services

Revenue Canada provides the following tax assistance services:

Volunteer Program

Through its tax services offices, Revenue Canada provides special training sessions to interested volunteers on how to complete basic income tax returns. These volunteers can help people of all backgrounds. People who want to become volunteers or who need help from a volunteer should call their Tax Services Office at 1-800-959-8281.

Telephone Service

The general enquiries telephone service makes it easy and convenient when additional help is needed for clients to complete and file their returns. During the filing season, tax services offices also offer extended evening service. New Brunswick clients can call Monday to Friday 8:15 a.m. to 5:00 p.m. at 1-800-959-8281 and from 5:00 p.m. until 9:00 p.m. at 1-800-565-1787. Since the dates for the extended hours change each year people wanting to use this service should check the information included in their income tax package before calling.

TELEFILE

TELEFILE is Revenue Canada's newest way to file your income tax return. If you are eligible, and have a push button telephone with Touch-Tone™ service, you can file your tax return by telephone. It's free, available seven days a week, takes only a few minutes and you'll get your Notice of Assessment sooner. Look for the *TELEFILE* invitation in your personalized income tax package. For more information or a demonstration of the *TELEFILE* service, contact your tax services office at 1-800-959-8281.

Publications

The most important source of income tax information is the income tax guide that accompanies each tax return. It is easy to read and answers most common questions. The Department also publishes other guides to meet the needs of specific groups of clients. These publications are available free-of-charge from the following tax services offices:

Saint John Tax Services
126 Prince William St.
Saint John, NB
E2L 4H9

Bathurst Tax Services
120 Harbourview Blvd., 4th Floor
P.O. Box 8888
Bathurst, NB
E2A 4L8

Moncton Tax Services
Suite 107, 1600 Main Street
Moncton, NB
E1C 8P2

Clients can also get electronic copies of forms and publications through the Internet at the following addresses:

_gopher://gopher.revcan.ca
_ftp://ftp.revcan.ca
_http://www.revcan.ca

The Population Health Fund

Health Canada has adopted a population health approach to further its continuing mandate to maintain and improve the health of Canadians. The population health approach integrates action on a broad range of determinants that affect the health of all Canadians. To support this approach, the Population Health Fund has been created.

Health Canada's population health approach incorporates a life cycle framework which consists of three life stages: childhood and adolescence, early to mid-adulthood and later life. This approach emphasizes action on health determinants within a specific life stage and across the life span.

The Population Health Fund has three objectives it seeks to achieve through strategic project funding:

- To increase capacity for action on or across determinants of population health.
- To develop, implement and disseminate innovative models for applying the population health approach.
- To increase the knowledge base for future program and policy development.

The Fund is designed to support time-limited projects sponsored by voluntary, non-profit, non-government organizations which contribute to an increased capacity for action on the determinants of population health. For more information on the Fund contact:

Health Promotion and Programs Branch, Atlantic Region
Health Canada
1st Floor, Government of Canada Building
10 Highfield Street
Moncton, N.B. E1C 9V5

Telephone: (506) 851-7008
Fax: (506) 851-3197

Veterans Affairs Canada

Campbellton District Office
157 Water Street
City Centre, Room 501

Telephone: (506) 789-4700
Fax: (506) 789-4720
Toll-Free: 1-800-350-7955

P.O. Box 310
Campbellton, N.B. E3N 3G7

Saint John District Office
3rd Floor, Building A
Hilyard Place, 560 Main Street
P.O. Box 1406
Saint John, N.B. E2L 4J7

Telephone: (506) 636-4815
Fax: (506) 636-4788
Toll-Free: 1-800-349-9788

Last Post Fund
Saint John area, toll-free: 1-800-658-9707
All other NB areas, toll-free: 1-800-561-0505

Counselling and Other Services

Veterans Affairs Canada offers personalized counselling on available services and benefits, including explanations of eligibility criteria, needs assessment, advocacy, health and safety education, as well as community and other programs. Within the Department, the Bureau of Pensions Advocates provides free legal assistance for pension-related issues, in the form of counselling, case preparation and representation for appeals.

Disability Pensions

Disability pensions are awarded to former members of the Canadian Armed Forces (and, in certain cases, current members) and to Merchant Navy Veterans and civilians who served in close support of the Canadian Armed Forces during wartime, for disabilities or death related to their service. Disability pensioners may receive additional benefits on behalf of spouses and dependent children, and benefits may be payable to their surviving spouses and dependent children.

Funerals, Burials and Gravemarkers

Assistance toward funeral and burial expenses up to an established limit is available to eligible persons. Contact the Last Post Fund at the toll-free listed above for further information and details.

Health Care

Treatment benefits may include medical, surgical and dental care, prosthetic devices, home adaptations, supplementary benefits such as travel costs for examinations or treatment, and other community health care services and benefits. Palliative and respite care may also be provided. Income-qualified veterans and certain civilians may be eligible for treatment benefits not provided under a provincial health insurance plan or for long-term care in departmental or community facilities.

Income Support

A number of programs are available which provide financial assistance to eligible veterans, civilians, dependents and survivors. These programs include War Veterans Allowance, Assistance Fund, Veterans Insurance, and Trust Fund Management.

Veterans Independence Program (VIP)

The goal of this program is to help eligible veterans and certain qualified civilians remain healthy and independent in their own homes or communities. Under VIP, the Department pays for services such as grounds maintenance, housekeeping, meals-on-

wheels, personal care, care by health professionals, transportation for social activities and nursing home care.

For more information on these programs, contact one of the New Brunswick district offices of Veterans Affairs Canada.

Non-Governmental Organizations

Alzheimer Society of New Brunswick

P.O. Box 1553, Station "A"
33 Main Street
Fredericton, N.B. E3B 5G2

Telephone: (506) 459-4280
Fax: (506) 452-0313

Family Information and Referral Line: 1-800-664-8411

The Alzheimer Society of New Brunswick is the central part of a volunteer driven, three-tiered structure that links Alzheimer Canada with local Alzheimer groups in various New Brunswick communities. The society exists to alleviate the personal and social consequences of Alzheimer Disease and related dementias through: the development, support and coordination of dementia support networks throughout the province; provision of support and education to individuals providing care to persons with Alzheimer Disease; promoting the search for a cause and cure; advocating for and representing persons with AD and related dementias before all levels of government.

Services offered through the Alzheimer Society include:

- Monthly Support Group meetings (see page 64)
- A 1-800 toll free family information and referral line
- A national Wandering Persons Registry
- Resource lending libraries of books, videos, journals, etc.
- Education through workshops and public forums
- Information booklets and pamphlets, Personal Care Guide, Caregiver Survival Guide, "Just for You", A Handbook for Persons with Dementia and up to date research information sheets are just a few of the resources available through the organization at no charge.

Arthritis Society

New Brunswick Division
65 Brunswick Street
Fredericton, N.B. E3B 1G5

Telephone:(506) 452-7191
Toll Free: 1-800-321-1433
Fax: (506) 459-3925
E-mail:info@nb.arthritis.ca
Web page: www.arthritis.ca

The mission of the Arthritis Society is to search for the cause and cure for arthritis, and to promote the most effective care for people with arthritis. It is the only non-profit organization in

Canada devoted solely to funding and promoting arthritis research, patient care and public education.

Thirteen branches within New Brunswick provide information and education to the public, patients and health professionals. The Arthritis Society is also active in our communities helping people with arthritis deal with living day to day with the over 100 diseases under the umbrella of arthritis. They provide an Arthritis Self-Management Program throughout the province which is delivered by trained volunteers. This program helps people with arthritis achieve a reduction in pain and disability from arthritis, a reduction of depression caused by arthritis, and a reduced dependence on the health care system.

The Society also provides a workplace education program, free information packages on different forms of arthritis and their programs, as well as a video library.

Blue Cross Seniors' Health Program

644 Main Street
P.O. Box 220
Moncton, N.B. E1C 8L3

Branches: Bathurst Moncton
Fredericton Saint John

Toll Free: 1-800-565-0065

The Blue Cross Seniors' Health Program provides access to the New Brunswick Drug Program for those residents in New Brunswick who are not otherwise eligible.

The program also makes available benefits such as: chiropractic services, diabetic testing supplies, vision care, foot care, hearing aids, orthotics, ostomy supplies, prothesis, tracheotomy supplies, ambulance, mobility oxygen and home nursing.

To qualify for any of these benefits, you must be a resident of New Brunswick, 65 years of age or over, and be registered with New Brunswick Medicare. Similar coverage is available for spouses under age 65.

To obtain the costs of these benefits, please contact Blue Cross at the above address or phone number.

Brain Injury Association of New Brunswick Inc.

527 Beaverbrook Court
Suite 148
Fredericton, N.B. E3B 1X6

Telephone: (506) 454-9537

The Brain Injury Association of New Brunswick was founded in 1987 in response to the needs of families and individuals facing the

often catastrophic results of brain injury. These injuries may be the result of accident, stroke or other medical circumstances and can leave the victim mildly, moderately or even severely handicapped. These changes affect the whole family and, indeed, perhaps the whole community.

The objectives of the Brain Injury Association of New Brunswick are:

- to ensure that brain injured persons receive the appropriate rehabilitation services and adequate quality of care following the injury;
- to encourage the development of adequate family support;
- to make available information related to issues involving brain injured persons;
- to further professional education and research;
- to promote prevention of brain injury; and
- to provide support and advocacy.

BIANB is dedicated to ensuring that individuals living with brain injury, and their families have the opportunity for learning, access to needed resources and supports, and to seek and enjoy meaningful work and to live with dignity and respect.

The Mission Statement of the BIANB is: "together improving the quality of life for individuals with brain injury and for their families".

Canadian Cancer Society

New Brunswick Division
P.O. Box 2089
Saint John, N.B. E2L 3T5

Telephone: (506) 634-6272
Fax: (506) 634-3808
E-mail: ccsnb@nbnet.nb.ca

Toll Free Cancer Information Service: 1-800-939-3333

The Canadian Cancer Society is a national, community-based organization of volunteers, whose mission is to get rid of cancer and to improve the quality of life of people living with cancer.

The Canadian Cancer Society, together with the National Cancer Institute of Canada, achieves its mission through research, education, patient services and advocacy for healthy public policy. These efforts are supported by volunteers and funds raised in communities across Canada.

In addition to these services, patients may be eligible for financial and/or practical assistance for equipment, drugs, transportation, as well as some rehabilitation services. Individuals should contact their local unit of the Canadian Cancer Society or the New Brunswick Division office at the above address and phone number.

Canadian Council of the Blind

New Brunswick Division
c/o Rosario Blaquière
P.O. Box 216
Atholville, N.B. E0K 1A0

Telephone: (506) 789-1710

The main purpose of the Canadian Council of the Blind (CCB) is to serve as a means of rehabilitation of blind persons through recreational and social events. Membership in the CCB is confined to those who are registered blind persons, although family members of blind people can become associate members.

The CCB clubs in New Brunswick are located in Bathurst, Central New Brunswick, Fredericton, Moncton, Miramichi, Restigouche, Saint John, Shippagan, and Western Valley. Contact the above address for further details.

Canadian Deafblind & Rubella Association

New Brunswick Chapter
34 Island View Drive
Fredericton, N.B. E3C 1K3

Telephone: (506) 452-1544
Fax: (506) 451-8309

The Canadian Deafblind & Rubella Association provides intervention services to deaf-blind and rubella handicapped people throughout New Brunswick and Prince Edward Island. An intervenor is hired to provide one-to-one interaction with a deaf-blind person in his/her community for social and recreational activities. Family counselling is also provided when needed.

Canadian Diabetes Association

New Brunswick Division
165 Regent Street
Suite 3
Fredericton, N.B. E3B 7B4

Telephone: (506) 452-9009
Toll-Free: 1-800-884-4232
Fax: (506) 455-4728

The Canadian Diabetes Association, a national, independent, self-financing organization, works to improve the quality of life of Canadians affected by diabetes by being the leading force in research, service, advocacy and education. The New Brunswick Division's 11 branches hold monthly meetings and provide referral services. The association does not provide counselling, supplies or financial assistance. Information on diabetes and its management is available by calling the 1-800 number.

Canadian Hemophilia Society

New Brunswick Chapter
44 Corbett Avenue
Fredericton, N.B. E3A 3X4

Telephone: (506) 450-8424
Fax: (506) 459-4474

The Canadian Hemophilia Society distributes literature and coordinates, in cooperation with a medical advisor, home care self-infusion programs; ensures an adequate supply of high quality blood products in cooperation with blood product suppliers; advises and communicates with hemophiliac persons; and educates families who have hemophiliac members.

Canadian Mental Health Association

New Brunswick Division
292 - 65 Brunswick Street
Fredericton, N.B. E3B 1G5

Telephone: (506) 455-5231
Fax: (506) 459-3878

The Canadian Mental Health Association promotes mental health in New Brunswick and advocates to ensure the best care, treatment, and rehabilitation for persons with emotional and mental problems. The association also conducts research on mental health issues.

Services offered through New Brunswick's 11 branch offices and nine regional community workers include:

- Public awareness and promotion through workshops, courses, presentations and media addresses on topics such as "What is Mental Health?" "Stress Awareness," "Self-Esteem," "Suicide Awareness," "Suicide Intervention," and many more.
- Community development and support of activity centres, self-help groups (Emotions Anonymous, Depressed Anonymous, Recovery, Friends and Family of the Schizophrenics, Survivors of Suicide, and many more).
- Advocacy of individual cases and of systematic issues.
- Volunteer recruitment and development.
- Referral and information service regarding the services available to help people cope with various situations and the materials (books, videos, cassettes, pamphlets, support groups) available on subjects related to mental health and mental health problems.

Canadian National Institute for the Blind

New Brunswick Division
231 Saunders Street
Fredericton, N.B. E3B 1N6

Telephone: (506) 458-0060
Fax: (506) 458-9219

Service Centres:

Bathurst	(506) 546-9922	Fredericton	(506) 458-0060
Moncton	(506) 857-4240	Saint John	(506) 634-7277

The Canadian National Institute for the Blind is a charitable, non profit, voluntary agency which provides rehabilitation and support services to persons who are blind and visually impaired. CNIB's services are available to anyone whose vision loss causes him/her difficulty. CNIB operates four service centres from which services are available on an itinerant basis anywhere in the province.

The core services provided by CNIB include: counselling and referral; orientation and mobility (including white cane travel); rehabilitation teaching (life skills, home management, braille); low vision assessment and training with magnification aides, prevention of blindness education; technical aids demonstration and training; employment counselling; and talking book and braille library services.

Canadian Paraplegic Association (NB) Inc.

440 Wilsey Road, Suite 102
Fredericton, N.B. E3B 7G5

Bathurst: (506) 548-5700
Fax: (506) 548-4725
Fredericton: (506) 462-9555
Fax: (506) 458-9134
Moncton: (506) 858-0311
Fax: (506) 858-8290

The Canadian Paraplegic Association offers counselling, referral services and practical information to all mobility impaired persons. This includes, but is not limited to, information on home modifications, technical aids, transportation, recreation and program accessing. The Canadian Paraplegic Association promotes and works toward barrier free access in all communities.

Canadian Red Cross Society

New Brunswick Division
405 University Avenue
P.O. Box 39
Saint John, N.B. E2L 3X3

Telephone: (506) 648-5000
Fax: (506) 648-5095

The Canadian Red Cross Society offers a variety of services to seniors throughout the province. Red Cross homemakers provide assistance in the activities of daily living - such as personal care, meal preparation and household management. The Sickroom Equipment Loan Service provides free of charge loans of mobility aids such as wheelchairs, canes and hospital beds to those disabled or convalescing. The "Home Partner" phone service is a direct line to the Red Cross Monitoring Centre, where trained professionals are available 24 hours a day to provide assistance in emergency situations. Specialized mobility equipment in the Seniors Rehabilitative Equipment Program is available through the regional office.

Meals-to-Seniors volunteers deliver hot, nutritious meals to seniors who, through disability or illness, are unable to prepare their own meals. Seniors' services such as friendly visiting, senior sitter, telephone reassurance, transportation and handyperson programs are provided in response to community needs across New Brunswick. All services may be provided to the senior for a short or long term. For more information, please contact the Canadian Red Cross Society office nearest you (see page 65).

Canadian Rehabilitation Council for the Disabled

New Brunswick Branch
65 Brunswick Street
Fredericton, N.B. E3B 1G5

Telephone: (506) 458-8739
Fax: (506) 453-1723

The Canadian Rehabilitation Council for the Disabled (CRCD) helps people of all ages who may have physical disabilities achieve maximum rehabilitation. CRCD offers direction to existing government or other services, and uses its own resources to provide help that is otherwise unavailable.

Among its services are provision of: transportation, meals, and lodging allowances to people who have to travel for medical treatment; orthopaedic shoes; and many types of appliances, wheelchairs, computers, and technical aids.

Additionally CRCD, upon the referral of a client by a health professional, loans rehabilitation equipment for assessment pur-

poses. Once the assessment is complete, the equipment may either be used through a CRCD long-term loan or be purchased through an appropriate source.

CRCD is the Easter Seals, March of Dimes/Ability Fund agency in New Brunswick.

CRCD also has an extensive library of information on various disabilities, rehabilitation equipment and services. The library is open to the public from 9:00 a.m. - 5:00 p.m., Monday through Friday. Speakers and films are available on request.

Cerebral Palsy Association

24 Bristol Street
Fredericton, N.B. E3B 4W3

Telephone: (506) 459-4273

This volunteer association's goal is to further a better way of life for persons with cerebral palsy. It handles information requests and participates in an annual Atlantic region conference on the disability.

Cerebral Palsy Foundation

Mary Cook **or**
Barb Woollven
P.O. Box 2152
Saint John, N.B. E2L 3V1

Telephone: (506) 696-4541
Telephone: (506) 633-8384

The Cerebral Palsy Foundation provides assistance to people with cerebral palsy who need special equipment. Fund-raising and awareness activities are held throughout the year, and literature is sent to individuals on request.

Choices after 50

P.O. Box 1291
Saint John, N.B. E2L 4H8

Telephone: (506) 658-0754
Fax: (506) 633-0868

Choices after 50 is a bi-monthly information newspaper, written by professionals whose work revolves around helping 50-plus readers. Articles on health, finances, housing, recreation, travel and other matters provide information of interest and importance to mature readers. The newspaper is available free to readers if picked up at area locations or by subscription for $13.50/year.

For information on local distribution centres, contact the above address.

Crohn's and Colitis Foundation Canada

Regional Office - Halifax
Telephone: 1-800-265-1101

Fredericton Chapter
P.O. Box 583, Station "A"
Fredericton, N.B. E3B 5A6
Telephone: (506) 454-6000

Moncton Chapter
P.O. Box 1616
Moncton, N.B. E1C 9X4
Telephone: (506) 384-8621

Chapter-Services Coordinator - NB
Jean-Yves Savoie
202 Snow Avenue
Moncton, N.B. E1C 8B5
Telephone: (506) 384-2232

The Crohn's and Colitis Foundation Canada (CCFC) is a voluntary non-profit organization dedicated to finding the cause of and cure for inflammatory bowel disease (IBD) by funding medical research and providing educational programs.

IBD is a painful disease which can and does strike anyone regardless of age, sex or race. It usually occurs between the ages of 15 and 30, with a second incidence peak affecting people aged 50 to 80.

The foundation also aims to improve the treatment of patients and provides current IBD information for patients and their families, health professionals and the general public.

A selection of brochures, audio visual programs and medical seminars are available to all interested parties.

CCFC has over 12,000 members in 80 chapters across Canada who hold educational meetings and participate in fundraising efforts to raise the public's awareness of these common, but frequently misunderstood diseases.

ELDERHOSTEL Canada

308 Wellington St.
Kingston, Ontario
K7K 7A7
Telephone: (613) 530-2222

ELDERHOSTEL is an international program designed to bring new adventures in learning to senior citizens. People who are retired and nearing retirement can participate in ELDERHOSTEL programs at over 2,000 universities, colleges, and other educa-

tional institutions in Canada, the United States and more than 60 countries overseas.

With ELDERHOSTEL, one can live on a host campus while taking as many as three non-credit courses on a wide variety of liberal arts and science subjects. The courses are challenging and thought-provoking, yet require no prior knowledge or formal training in the subjects. The cost of a program averages $390 for a one-week program in Canada.

Currently in New Brunswick, ELDERHOSTEL programs are offered at Mt. Allison University; Fundy National Park; the University of New Brunswick; Marathon Inn; Marshland Inn, Shiretown Inn, St. Andrews; and Sanfar Inn.

For further information regarding provincial, national, and international programs, contact ELDERHOSTEL Canada at the above address. Catalogues are also available at the local public libraries.

Heart and Stroke Foundation of New Brunswick

110 Crown Street, Suite 340
Saint John, N.B. E2L 2X7

Telephone: (506) 634-1620
Fax: (506) 648-0098
Toll free: 1-800-663-3600

The mission of the Heart and Stroke Foundation of New Brunswick is to increase New Brunswickers' awareness of the risks posed by cardiovascular disease and strokes, through the support of research, education and healthy living.

Education programs focus on the major risk factors. Some of the Foundation's programs are Heart Steps, Smoke-free Spaces, Know Your Blood Pressure by Heart, Jump Rope for Heart, Fit for Heart, Stop Stroke, cardiopulmonary resuscitation (CPR), and our nutrition initiative, Heart Smart.

The foundation provides free literature on a wide range of topics such as controlling stress, cholesterol, managing high blood pressure and smoking cessation.

Heart disease and stroke touches all age groups and is responsible for half of the deaths in Canada.

Horizons

236 St. George Street, Suite 100E
Moncton, N.B. E1C 1W1

Telephone: 1-800-453-4333
or (506) 857-8242
Fax: (506) 857-0315

The official newspaper of the New Brunswick Senior Citizens' Federation Inc.. Horizons aspires to a deeper awareness of the

human community and its environment by exploring issues relevant to seniors. It is a forum promoting reflection and discussion. It is available with membership in the Federation or by subscription.

For more information, contact the New Brunswick Senior Citizen's Federation.

Kidney Foundation of Canada

New Brunswick Branch
65 Brunswick Street
Fredericton, N.B. E3B 1G5

Telephone: (506) 453-0533
Fax: (506) 454-3639

The Kidney Foundation of Canada is a national voluntary health organization dedicated to the eradication of kidney disease and related disorders. The foundation plays a leadership role in promoting organ donation and assuring equal access to high quality care and treatment. Patient services include providing emergency expense money for those who must travel to receive treatment; supplying patient manuals to those training for dialysis or awaiting transplant; and offering peer support groups.

Lupus New Brunswick Inc.

c/o Lavina Townes
P.O. Box 429
McAdam, N.B. E0H 1K0

Telephone: (506) 784-3203

Lupus New Brunswick is a provincial non-profit organization that offers patient support to people afflicted with lupus. It also strives to educate the public about the condition. Meetings with guest speakers are held throughout the province, and support groups are established where necessary.

MedicAlert

MedicAlert is a lifelong medical information and identification service for Canadians with medical needs that should be known in an emergency. These include medical conditions, food or drug allergies, medications and special needs.

A MedicAlert membership includes a bracelet or necklet engraved with each member's vital medical information, a 24-hour emergency hotline providing emergency and medical personnel with member's medical record, and a wallet card.

More than 870,000 Canadians are members of the Canadian

MedicAlert Foundation. Over 50% of members are over the age of 50. For more information or to enroll in MedicAlert, call 1-800-668-1507.

Multiple Sclerosis Society of Canada

Atlantic Division
71 Ilsley Avenue, Unit 12
Dartmouth, Nova Scotia
B3B 1L5

Telephone: (902) 468-8230
Fax: (902) 468-5328
E-mail: msatlifs@cycor.ca

The Multiple Sclerosis Society of Canada undertakes research into the cause and cure of multiple sclerosis and works to educate the public about the condition. It also offers support to people with MS and their families through equipment loan and purchase programs, self-help groups, and educational material and programs. Local chapters also work on fund raising.

There are currently four local groups in New Brunswick (see page 67).

New Brunswick Association for Community Living

86 York Street
Fredericton, N.B. E3B 3N5

Telephone: (506) 458-8866
Fax: (506) 452-9791

The New Brunswick Association for Community Living (NBACL) is a non-profit provincial federation of 26 local associations located throughout the province. The association works to ensure supports are in place for people with a mental disability to live, learn, work, and participate in their own communities as valued contributing members of society.

Information and support is provided to families who may have members with a mental disability.

New Brunswick Gerontology Association Inc.

c/o Third Age Centre
St. Thomas University
Fredericton, N.B. E3B 5G3

Telephone: (506) 452-0526
Fax: (506) 450-9615
or Rev. H Anningson
(506) 228-4514

The New Brunswick Gerontology Association Inc. functions to encourage education and research with regards to normal and healthy aging, as well as being a liaison with agencies and organizations for the elderly in New Brunswick. It is not a service

organization but members are comprised of professionals working in the field of gerontology and interested individuals.

Chapters are organized within each provincial government health region. The provincial body is affiliated with the Canadian Association on Gerontology.

New Brunswick Lung Association

65 Brunswick Street
Fredericton, N.B. E3B 1G5

Telephone: (506) 455-8961
Fax: (506) 458-2787

The mandate of the New Brunswick Lung Association is to improve respiratory health. The association funds national and provincial research on lung health and disease, and provides education and support for individuals.

Activities include camps, peer and parent support groups, workshops like "Asthma Day", teen seminars, health promotion for children, smoking cessation programs, an equipment loan program, and counselling and information services.

New Brunswick Safety Council Inc.

440 Wilsey Road, Suite 204
Fredericton, N.B. E3B 7G5

Telephone: (506) 458-8034
Fax: (506) 444-0177

The New Brunswick Safety Council Inc. is a non-governmental, not for profit public service organization. The Council works energetically to prevent accidents through safety education in the fields of traffic, public and occupational safety. The Council advocates safety for seniors in the following ways:

55 Alive/Mature Driving Course

This voluntary six hour driver refresher course is designed to help older drivers improve their driving skills. The course examines:

- the effects of aging and medications on driving;
- basic driving rules;
- local traffic hazards;
- adverse road conditions;
- energy saving;
- accident prevention measures;
- trip planning; and
- how to renew your license.

The course is offered province-wide upon request in English or French.

National Seniors' Safety Week

The New Brunswick Safety Council Inc., as a cooperating agency to the Canada Safety Council, endorses National Seniors' Safety Week annually in November. The objective of this annual campaign is to raise public awareness to senior safety issues and to show how seniors themselves can play a vital role in accident prevention by taking safety precautions. Campaign material is available upon request at no charge.

New Brunswick Senior Citizens' Federation Inc.

236 St. George Street
Suite 100-E
Moncton, N.B. E1C 1W1

Telephone: 1-800-453-4333
or (506) 857-8242
Fax: (506) 857-0315

The New Brunswick Senior Citizens' Federation was created in 1968 to improve the quality of life of all New Brunswickers over the age of 50. Through its communications with government, corporations, national and provincial organizations and the media, the Federation serves as an advocate in all matters of importance to its members.

The objectives of the NBSCF are:

- to promote the general welfare and the leadership role of New Brunswick's senior citizens regardless of language, race, colour, sex or creed;
- to elevate the social, moral and intellectual standing of New Brunswick's senior citizens;
- to provide information, cooperation, ccmmunication and advocating services to its members.

All NBSCF members receive the Horizons newspaper and Federation mailings and have access to Golden Discounts. Special life, travel and home and auto insurance programs are also made available to Federation members.

Parkinson Foundation of Canada

The Parkinson Foundation of Canada is dedicated to raising funds for research into the cause and treatment of Parkinson's, disseminating information, and providing services to parkinsonians and their families.

Local chapters vary in services provided. All strive to increase community awareness and knowledge of Parkinson's, provide

support to parkinsonians and their families, and contribute to research.

The Parkinson Nurse provides counselling, coordination of services and resource materials.

For further information, contact the group closest to you (see page 71)

Public Legal Education and Information Service of New Brunswick

P.O. Box 6000
Fredericton, N.B. E3B 5H1

Telephone: (506) 453-5369
Fax: (506) 457-7899

The Public Legal Education and Information Service of New Brunswick (PLEIS-NB) is a non-profit organization and a registered charity. Its mandate is to provide the public with information about the law. Knowing one's legal rights and obligations can help in making decisions and taking action on legal matters. PLEIS-NB does not provide individual legal advice, only general information about the law. PLEIS-NB operates a number of services such as a video-lending library, a speaker's bureau and a publication program. A broad range of educational booklets are available, many dealing with topics of particular interest to seniors, such as wills and estate planning, planning for incapacity, and investment fraud.

PLEIS-NB is located in the provincial Department of Justice and receives funding and in-kind support from the Department of Justice Canada, the New Brunswick Law Foundation and the New Brunswick Department of Justice.

Public Libraries

Public libraries in New Brunswick offer a full range of recreational, cultural and educational opportunities for all citizens of the province, including a vast array of books, newspapers, magazines, audio and video-cassettes, and in some libraries, compact discs. In addition, the libraries offer some programs designed specifically with seniors in mind. These programs vary from library to library, so check with the local branch regarding any of the activities or articles listed:

- easy-to-read large print titles
- audio-books
- cassette tapes, including old radio re-runs
- how-to books on such leisure-time activities as gardening, cooking, travel and crafts

- "Browse and Brunch" groups designed for seniors where the library opens early to allow seniors to get together, munch and select books before the hustle and bustle of the library begins
- "how-to" sessions on everything from cooking to exercise and decorating
- "Books on Wheels" service to shut-ins
- Bookmobile service to rural populations

The Talking Book Service of New Brunswick offers a wide range of books recorded on cassette tape for those who are unable to read print material due to a physical or visual problem. For anyone who does not have access to a player, the service has a number of sturdy players available on request. All New Brunswick libraries have access to the Talking Book Service of New Brunswick.

For further information about the services offered at the more than 60 libraries throughout New Brunswick, contact your local public library, or any of the five regional library headquarters (see page 67).

Royal Canadian Legion

New Brunswick Command
P.O. Box 3426, Station B
Saint John, N.B. E2M 4X9

Telephone: (506) 634-8850
Fax: (506) 633-4836
E-mail:legion@nbnet.nb.ca

Eighty-four branches of the New Brunswick Command of the Royal Canadian Legion are active in the province. Each endeavour to help seniors through various social and health care programs and services, ranging from drop-in centres to foot care clinics. Contact the head office in Saint John for more information and for the nearest local Legion office.

Royal Canadian Mounted Police

The RCMP has a number of crime prevention and safety programs available for seniors. Pamphlets and videos describing crime prevention measures are available, and officers will address seniors' groups if requested. For further information, contact your local detachment.

NB Crime Stoppers has an excellent record in solving and preventing crime. If you have information on a crime and wish to remain anonymous, and if your information leads to an arrest, you may qualify for a cash award. Call Crime Stoppers at 1-800-222-TIPS, that is 1-800-222-8477.

Crime Stoppers will also provide a speaker to explain the program to seniors' groups upon request. Call Crime Stoppers at (506) 452-4105.

St. John Ambulance

Provincial Office
P.O. Box 3599, Station B
Fredericton, N.B. E3A 5J8

Telephone: (506) 458-9129
Fax: (506) 452-8699

St. John Ambulance provides, free of charge, trained volunteers to cover events, and offers training in first aid, cardiopulmonary resuscitation (CPR), and a course in Healthy Aging, designed for health promotion of seniors.

Self Help Stroke Clubs

Riverview Stroke Club
c/o Doris Dealy
248 Buckingham Avenue
Riverview, N.B. E1B 2N8

Telephone: (506) 386-2722

Saint John Stroke Club
c/o Evelyn Waters
P.O. Box 3914, Station B
Saint John, N.B. E2M 5E6

Telephone: (506) 672-7308

The self-help stroke clubs in New Brunswick are made up of people who have lived through the experience of having a stroke. The groups offer aid to those with common needs and similar life situations. People who have experienced paralysis due to a stroke or brain injury, as well as family, can profit from contacts with families who have had a member recover from a stroke.

The New Clarion

P.O. Box 3151
Saint John, N.B. E2M 4X8

Telephone/Fax: (506) 672-1537

This publication was established in 1989 to inform, entertain and promote the interests of today's 50 plus generation throughout New Brunswick and to serve as a communications link. Distribution is province-wide, on a bi-monthly basis and is free of charge. Circulation is currently 20,000 per issue. Bilingual editorial/advertising content is welcomed. The New Clarion also ac-

cepts announcements from interest groups and non-profit organizations. For further information contact The New Clarion office.

Third Age Centre

Holy Cross House
St. Thomas University
Fredericton, N.B. E3B 5G3
Telephone: (506) 452-0526
Fax: 506) 452-0547
E-Mail:3rdage@stthomasu.stu.ca

The Third Age Centre is an independent non-profit body with headquarters on the campus of St. Thomas University in Fredericton and predominantly serving the anglophone community of New Brunswick. The Centre was established in 1990 under the auspices of the University's Chair in Gerontology and works closely with that Department. The Centre is administered by a volunteer Board of Directors elected from the membership at the annual general meeting. Membership costs $10.00 a year.

The Centre's goal is to empower older adults in promoting and maintaining active healthy lifestyles through various programs and services. A major service is the Resource Collection dealing with all aspects of aging, gerontology and related topics. Intended for students and faculty members at both St. Thomas University and the University of New Brunswick, the collection is also made available to interested members of the public.

A number of educational and community programs are offered in response to the needs identified by older adults. These include regular lecture series such as "Elderfest", held twice a week in November, and a Colloquium series held in the spring in collaboration with the Department of Gerontology. The Centre also organizes workshops, conferences and short courses on topics of interest to seniors and future seniors. The preparation for retirement series is also available for this latter group. The Centre conducts a weekly program "There & Then; Here & Now" over community television through Fundy Cable and has launched a seniors' drama group in collaboration with "Learning Unlimited".

United Ostomy Association

The United Ostomy Association helps persons who have had an ostomy to understand the condition, adapt to it and return to their regular activities. This is achieved through consultation services, recreational activities and group meetings. As well, the association is involved in educating the public about ostomies.

For further information, contact your nearest chapter (see page 73).

Université du troisième âge du sud-est Inc.

Pièce 145, Édifice P.-A.-Landry
Centre universitaire de Moncton
Moncton, N.B. E1A 3E9

Telephone: (506) 858-4410
Fax: (506) 858-2015

The Université du troisième âge du sud-est (UTA) is a non-profit organization whose main objective is to help seniors acquire and maintain a good quality of life. While being self-governing, UTA is affiliated to Université de Moncton where its office is located. Its Board of Directors is made up of elected seniors, councillors from the Université de Moncton and representatives from seniors' organizations.

UTA has many committees and subcommittees:

- *"Vieillir au féminin"* - This committee was founded by women members of UTA for the purpose of improving the quality of life of aging women. Its most recent project is a program to help informal caregivers in our region cope with their tasks and often difficult situation.
- *"Vieillir sans violence"* - This program is one of awareness and prevention of elder abuse.
- Research team on elder abuse
- INFO-FORME - A newsletter for UTA members published four times a year.

Besides its various educational and informative activities, UTA offers its members a physical activity program, *"Grouille ou Rouille"*. This program consists of weekly sessions of physical exercises adapted to seniors, aquatic exercises, activities in active living as well as social gatherings. This program is under the leadership of three professional instructors holding diplomas from the Université de Moncton in Physical Education and Gerontology.

Since its foundation in 1978, UTA has held many workshops on various topics, organized informative conferences, planned and gave a series of courses and organized many educational trips, local and abroad. A choir, *Le choeur du bel âge*, although only six years old, has presently over 55 members.

Membership is $15 a year.

Universities - Credit and Non-Credit Courses

Learning is lifelong. In recognition of this Mount Allison, St. Thomas University, Université de Moncton and the University of New Brunswick welcome the participation of seniors in post-secondary education. Full or part-time study of credit courses is

available to seniors at each university as well as non-degree courses.

For those who are unable to travel to a university, distance education is available through Mount Allison University, St. Thomas University, the Université de Moncton, and the University of New Brunswick. Audio-taped courses, audio- and video-conferencing, home study, and World Wide Web "on-line" courses are all offered by the University of New Brunswick. Mount Allison University offers audio-taped, audio-teleconferencing, and home-study options. The Université de Moncton provides televised courses and audio-teleconferencing. St. Thomas University also offers a limited number of courses in Miramichi.

For people age 60 and over, tuition for credit courses is waived at the Mount Allison University and at the Université de Moncton. At the University of New Brunswick seniors can register for non-credit degree courses for 50 percent of the regular tuition fees; those wishing to take degree courses for credit are required to pay the regular tuition fess. At St. Thomas University, individuals age 60 and over are eligible for a rebate of 50 percent of normal tuition fees. As well, the university has a bursary program for seniors to assist needy students with the payment of fees. Details of bursary assistance may be obtained from the Registrar's office.

For further details please contact the university of your choice (see page 73).

Centre d'études du vieillissement

Université de Moncton
Édifice P.A. Landry, pièce 241
Moncton, N.B. E1A 3E9

Telephone: (506) 858-4310
Fax: (506) 858-4279

The centre exists primarily to conduct research on aging issues. It also evaluates programs and needs of organizations concerned with aging issues, and offers educational workshops and conferences to the general public. The workshops and conferences are usually given in French but some are presented in English. A free quarterly news bulletin provides information about the centre.

Gerontology Programs

St. Thomas University offers over 20 gerontology courses which may be taken because of interest, or applied to a degree program or the Certificate Program in Gerontology. Courses include topics such as Aging and Health, Economics and Aging, and Death and Dying. These courses are open to persons of all

ages, and are offered at half the tuition fees to anyone age 60 and over.

The university, through its Chair in Gerontology, also holds periodic workshops on aging issues, and operates a Third Age Centre which advocates on seniors' behalf, educates the public about aging issues and develops rural outreach activities. Further information is available from St. Thomas University (see page 73).

Université de Moncton offers a Certificate in Gerontology for adults who work with seniors or who, in view of their experience or life situation, would like to acquire training in this field. It also offers a minor in aging studies with the possibility of major course work in aging of individuals or aging of populations, intended for full-time students registered in an undergraduate program with a major. Courses in the field of aging are available to students in all other programs and to students not registered in a specific program.

Furthermore, through the research professors involved in the field of aging, the Université provides supervision for graduate students whose theses deal with aging. It is home to a Centre d'étude sur le vieillissement (Centre for the study of aging) and to the Université du troisième âge du Sud-est (Seniors' university-Southeast).

Information is available from Continuing Education or the Faculty of Social Sciences of the Université de Moncton.

VON New Brunswick Inc.

416 York Street
Fredericton, N.B. E3B 3P7

Telephone: (506) 457-2171
Fax: (506) 450-4385

The VON provides nursing care in the home to persons of all ages, to persons who are chronically ill, and to persons with any type of disability. All VON branches provide foot care services in a clinic setting or in the home. The Fredericton branch operates an Adult Day Centre which aims to maintain and improve the patient's ability to live independently in his/her own home. Saint John, Bathurst and Oromocto branches offer the services of Home Support Workers. Most services are covered (up to 80%) by private insurance plans to qualifying individuals. Some branches offer a free monthly blood pressure clinic.

For further information regarding the services available, contact the local VON office (see page 74).

Local Services

Though various local services are provided in each community, space does not permit individual listings. Instead, general categories are listed below along with information on how to determine if the service is available in your local community.

Some telephone directories have a Senior Citizens' Section which lists programs and services of specific interest to seniors. The local Family and Community Social Services office can also help you locate a specific service (see page 66).

Adult Day Centres

Adult Day Centres provide rehabilitative, educational, recreational, social and/or health services for frail seniors in a supervised environment. The aim is to assist the senior to remain in his/her own home, and/or offer relief to the caregiver. Services may vary depending on the individual agency.

For additional information, please contact your local Family and Community Social Services office (see page 66).

Counselling Services

Counselling services and family life education programs are available to individuals and families who need assistance in meeting personal, family or social problems. Fees vary, occasionally depending upon ability to pay. Check under Counselling Service in the yellow pages of your telephone directory.

Discounts/Special Services

Some businesses offer a discount to seniors. The minimum age may vary, with some offering special rates to individuals age 50 and over. When making a purchase, inquire as to whether a seniors' discount is available.

When travelling, check for discounts and about travelling in off-season times. If you have some flexibility as to when you travel, the savings can be considerable.

Some malls have a senior's card that you can obtain by showing proof of age. Banking firms may offer special services or reduced rates for services to seniors. It can be worthwhile to ask if a special program exists for seniors.

A list of some of the businesses which offer discounts is in the Senior Citizens' Section of the telephone directory (just before the yellow pages in some telephone directories).

Emergency Response System

Some communities have established emergency response systems which link seniors to a central communications centre which summons help in the event of a crisis.

For information see the yellow pages in your local telephone directory under Medical Alarms or enquire at the nearest hospital.

Helplines

Chimo

Chimo operates a toll-free province-wide telephone helpline for people who are experiencing a crisis. Assistance is available 24 hours a day by calling 1-800-667-5005.

In addition, local helplines exist. Services provided and hours of operation vary.

Chimo (Fredericton) ..... (506) 450-4357
Oromocto Help-Line ..... (506) 357-8626
Moncton Help-24-Au Secours Ltd. ..... (506) 859-4357
Saint John
Suicide/Crisis Information ..... (506) 633-0001
INFO-Line: Community Information
& Referral Service ..... (506) 633-4636

Individuals having problems with gambling can call 1-800-461-1234 to access qualified counsellors and treatment services as well as referral to community self-help groups.

Tele-Care

Tele-Care is a bilingual, province-wide service, for help with medical problems. The 24-hour toll-free number is answered by emergency-trained nurses. It could save an unnecessary trip to the hospital emergency room. It is <u>not</u> for emergencies!

The nurse you speak to may ask you to:

- go directly to your nearest emergency department;
- contact your family doctor or local walk-in clinic and make an appointment within a few hours;
- follow specific instructions by the nurse on the phone line and call Tele-Care back within a specified time; or
- make a regular appointment with your family doctor.

The toll-free telephone number is: 1-800-244-8353

In-Home Services and Supplies

Various organizations provide home services and supplies. Services may include assistance with personal care, meal preparation, homemaker services, light or heavy housekeeping, transportation services, recreational outings, etc. These in-home services may be provided on a short-term or long-term basis and may or may not involve a fee. Available supplies include rehabilitation and convalescent aids.

A number of organizations are listed in this guide. See Home Health Care and Homemakers in the index. Also check in the yellow pages of your telephone directory under Home Health Services and Supplies, Homemakers Service, Senior Citizens' Services and Social Service Organizations.

Meals on Wheels

Meals on Wheels is a program which delivers well balanced and nutritious meals on a daily or less frequent basis to people who are not able to prepare their own. The meals are delivered by volunteers to the person's own home.

The service is offered in many communities around New Brunswick. For the telephone number in your area, check the white pages of your telephone directory or contact your local Family and Community Social Services office (see page 66).

Senior Citizen Clubs and Organizations

To determine which club or organization is in your area, check the telephone directory yellow pages under Associations or under Senior Citizens Services and Centres. Your local newspaper may also contain advertisements in regard to various groups and when they meet.

Support Groups

Support groups exist which can provide information and support on a variety of topics and illnesses. Many of the groups are listed in the Non-governmental Organizations section of this guide. To determine which groups exist in your community, check the white pages of your telephone directory. Many agencies and organizations are also listed under Associations and under Social Service Organizations in the yellow pages.

Volunteer Services

Numerous organizations are seeking the services of volunteers. Some communities have a volunteer bureau which helps match individuals with organizations. Another option is to contact a number of organizations in your community and determine if they need volunteer assistance and, if so, the type of help they could use. A number of organizations are often listed under Social Service Organizations in the yellow pages.

Appendix

Addiction Services - Regional Offices

Bathurst	(506) 547-2086
Campbellton	(506) 789-2355
Edmundston	(506) 735-2092
Fredericton	(506) 453-3838
Miramichi	(506) 627-4035
Moncton	(506) 856-2333
Saint John	(506) 658-2525
Tracadie-Sheila	(506) 395-2206

Alzheimer Society of New Brunswick

Support Groups and Contacts

Albert	Kit Ogilvie	(506) 882-2671
Bath	Wilma Inman, Sharon Eagan & Grace Stone	(506) 278-6030
Black's Harbour	Debbie Harris	(506) 456-2372
Boiestown	Caroline Swazey	(506) 369-7350
Bouctouche	Robert Cantin	(506) 743-1500
Fredericton	Gloria McIlveen	(506) 459-4280
Grand Manan	Mary Hawkins or	(506) 662-8361
	Jackie Monroe	(506) 662-3522
Harvey	Gloria Rutherford or	(506) 366-5350
	Karen Martin	(506) 366-3269
Moncton	Lauriel Richard	(506) 858-8380
Oromocto	Leona Gallant	(506) 462-0994
Plaster Rock	Rick Haddad	(506) 356-1020
Richibouctou	Marie Vautour	(506) 876-2066
Riverglade/Petitcodiac	Carolyn Kierstead	(506) 756-3355
Saint John	Jane Richardson	(506) 634-8722
Shediac	Françoise Corbin-Boucher	(506) 383-4168
Stanley	Jennifer Acheson	(506) 367-7731
Sussex	Jean Price	(506) 433-1909
St-Ansèlme/Dieppe	Cathy Legere	(506) 855-2425
	Renelle Lavoie	(506) 758-3958
St Stephen/ St Andrews	Holly Burridge	(506) 529-3420
Woodstock	Joan McKell	(506) 328-6954
	Marjorie Bunting	(506) 328-6381

Campbellton/Dalhousie ..... (506) 753-5000
Fredericton ..... (506) 459-4280
Miramichi ..... (506) 773-7093
Moncton ..... (506) 858-8380
Saint John ..... (506) 634-8722

Canadian Red Cross Society Offices

Bathurst ..... (506) 548-2824
Campbellton ..... (506) 759-8521
Edmundston ..... (506) 739-0050
Fredericton ..... (506) 458-8445
Grand Falls ..... (506) 473-5897
Kedgwick ..... (506) 284-2763
Miramichi ..... (506) 622-7774
Moncton ..... (506) 863-2650
Richibucto ..... (506) 523-4470
Sackville ..... (506) 364-8813
Saint John ..... (506) 648-5020
Sussex ..... (506) 433-5886
Tracadie-Sheila ..... (506) 395-2010
Woodstock ..... (506) 328-8881

Community Mental Health Services Offices

Bathurst ..... (506) 547-2038
Campbellton ..... (506) 789-2440
Caraquet ..... (506) 726-2030
Edmundston ..... (506) 735-2070
Fredericton:
  Adult Services ..... (506) 453-2132
  Child & Family Services .... (506) 444-5337
Grand Falls ..... (506) 475-2440
Miramichi ..... (506) 778-6111
Moncton ..... (506) 856-2444
Richibucto ..... (506) 523-7620
Saint John ..... (506) 658-3737
St. Stephen ..... (506) 466-7380
Sussex ..... (506) 432-2090
Woodstock ..... (506) 325-4419

Family and Community Social Services Offices

Bathurst	(506) 547-2020
Campbellton	(506) 789-2422
Caraquet	(506) 726-2000
Edmundston	(506) 735-2010
Fredericton	(506) 453-3953
Grand Falls/Grand-Sault	(506) 473-7757
Kedgwick	(506) 284-3411
Miramichi:	
Chatham	(506) 778-6100
Newcastle	(506) 627-4044
Moncton	(506) 856-2400
Neguac	(506) 776-3833
Perth-Andover	(506) 273-4741
Richibucto	(506) 523-7606
Sackville	(506) 364-4078
Saint John	(506) 658-2734
Shippagan	(506) 336-3044
St. Stephen	(506) 466-7388
Sussex	(506) 432-2004
Tracadie-Sheila	(506) 394-3838
Woodstock	(506) 325-4412

Human Resources Development - New Brunswick Offices

Bathurst	(506) 547-2000
Campbellton	(506) 789-2311
Caraquet	(506) 726-2055
Edmundston	(506) 735-2000
Fredericton	(506) 453-3216
Grand Falls	(506) 473-7745
Kedgwick	(506) 284-3424
Minto	(506) 327-7000
Miramichi	(506) 627-4001
Moncton	(506) 856-2414
Neguac	(506) 776-3800
Perth-Andover	(506) 273-4724
Richibucto	(506) 523-7616
Sackville	(506) 364-4084
Saint John	(506) 658-2450
Shediac	(506) 533-3333
Shippagan	(506) 336-3025
St. Stephen	(506) 466-7500
Sussex	(506) 432-2006

Tracadie-Sheila ..... (506) 394-3800
Woodstock ..... (506) 325-4413

Legal Aid Offices

Bathurst ..... (506) 546-5010
Campbellton ..... (506) 753-6453
Edmundston ..... (506) 735-4213
Fredericton ..... (506) 450-2994
Miramichi ..... (506) 622-1061
Moncton ..... (506) 853-7300
Saint John ..... (506) 633-6030
Woodstock ..... (506) 328-8127

Libraries - Regional Headquarters

Albert-Westmorland-Kent Region
(Moncton and area) ..... (506) 869-6032
Chaleur Regional Library
(Campbellton/Bathurst and area) ..... (506) 759-8551
Haut-Saint-Jean Regional Library
(Edmundston and area) ..... (506) 739-7331
Saint John Regional Library
(Saint John and area) ..... (506) 648-1191
York Regional Library
(Fredericton/Woodstock/Chatham
and area) ..... (506) 453-5380

Multiple Sclerosis Society of Canada

Greater Moncton Self-Help Group ..... (506) 386-3236
Lorraine Crandall
89 Hiltz Avenue
Riverview, N.B. E1B 3W7

Sussex Self-Help Group ..... (506) 832-3236
Tanya Henderson
73 Church Lane
Hampton, N.B. E0G 1Z0

Hartland Self-Help Group
Margaret Frenette
P.O. Box 302
Hartland, N.B. E0J 1N0

Fredericton Self-Help Group ..... (506) 457-0602
Kathy Saunders
R.R. 4, Carlisle Road
Fredericton, N.B. E3B 4X5

Chapter Presidents

Greater Moncton - Sylvia Lamrock .....(506) 386-4535
Fundy Region - Elaine Mazerolle.....(506) 672-7042 (H)
(506) 635-7550 (W)
NB Kings Co. - Verna Webb ..... (506) 433-1124
Restigouche - Doris Ouellette ..... (506) 789-0196
Edmundston - Michael Martin ..... (506) 735-3583

Municipalities, Culture and Housing

Housing Offices

Region	Telephone	Fax
Bathurst	(506) 547-7466	(506) 547-7488
Campbellton.....	(506) 789-4909	(506) 789-4908
Edmundston.....	(506) 735-2633	(506) 735-2630
Fredericton	(506) 457-7868	(506) 453-2223
Lamèque.....	(506) 344-2212	(506) 344-3038
Miramichi	(506) 778-6615	(506) 778-8976
Moncton	(506) 856-3111	(506) 856-3113
Saint John	(506) 658-4640	(506) 658-5171
Woodstock.....	(506) 325-4465	(506) 325-4541

Sport, Recreation and Active Living Branch Offices

Region	Telephone	Fax
Bathurst	(506) 547-7466	(506) 547-7488
Campbellton.....	(506) 789-4909	(506) 789-4908
Edmundston.....	(506) 735-2633	(506) 735-2630
Fredericton	(506) 453-2928	(506) 457-4991
Miramichi	(506) 778-6615	(506) 778-8976
Moncton	(506) 856-3111	(506) 856-3113
Saint John	(506) 658-4640	(506) 658-5171
Woodstock.....	(506) 325-4465	(506) 325-4541

New Brunswick Community College Campuses

	Telephone	Fax
Bathurst	(506) 547-2145	(506) 547-2741
Toll Free: 1-800-552-5483		
Campbellton	(506) 789-2377	(506) 753-3523
Dieppe.....	(506) 856-2200	(506) 856-2125
Toll Free: 1-800-561-7162		
Edmundston	(506) 735-2500	(506) 735-1108
Extension Service		
Grand Falls ...	(506) 473-2980	(506) 473-1468
Miramichi	(506) 778-6000	(506) 778-6001
Moncton	(506) 856-2220	(506) 856-2665
NB College of Craft and Design		
.....	(506) 453-2305	(506) 457-7352
Saint John	(506) 658-6600	(506) 696-4493
St. Andrews.....	(506) 529-8801	(506) 529-4435
Woodstock.....	(506) 325-4400	(506) 328-8426
Extension Services		
Fredericton ...	(506) 453-3641	(506) 453-7944

New Brunswick Extra-Mural Program

Provincial Headquarters..... Telephone: (506) 453-2283
P.O. Box 5100 Fax: (506) 453-2958
3rd Floor, Carleton Place
Fredericton, N.B. E3B 5G8

Service Delivery Units:

	Telephone	Fax
Acadian Peninsula		
Tracadie-Sheila	(506) 394-4100	(506) 394-4117
Caraquet	(506) 726-2800	(506) 726-2808
Lamèque.....	(506) 344-3000	(506) 344-3001
Bathurst	(506) 547-3030	(506) 547-1109
Blanche Bourgeois (Moncton)		
.....	(506) 862-4400	(506) 862-4415
Driscoll (Moncton) ..	(506) 867-6500	(506) 867-6509
Edmundston.....	(506) 739-2160	(506) 739-2163
Fredericton	(506) 452-5800	(506) 452-5858
Boiestown.....	(506) 369-2492	(506) 369-2664
Harvey (Harvey Station)		
.....	(506) 366-3626	(506) 366-3539
Grand Falls	(506) 473-7492	(506) 473-7476
Kedgwick	(506) 284-2293	(506) 284-3189

Kennebecasis Valley (Quispamsis)	(506) 848-4600	(506) 848-4620
Miramichi	(506) 623-6350	(506) 623-6370
Blackville.....	(506) 843-6752	(506) 843-2447
Neguac.....	(506) 776-8345	(506) 776-5692
Oromocto	(506) 446-3820	(506) 446-9270
Minto.....	(506) 327-8324	(506) 327-8332
Restigouche (Dalhousie)	(506) 684-7060	(506) 684-1801
Saint John	(506) 649-2626	(506) 649-2540
St. Stephen.....	(506) 465-4520	(506) 465-4523
Eastern Charlotte (St. George)	(506) 755-4660	(506) 755-4665
Campobello	(506) 752-4110	(506) 752-4106
Grand Manan	(506) 662-4055	(506) 662-4054
Shediac	(506) 533-2800	(506) 533-2804
Kent Sub-Unit	(506) 743-2000	(506) 743-2001
Sussex	(506) 432-3280	(506) 432-3250
Tantramar Sub-Unit (Sackville)	(506) 364-4400	(506) 364-4405
Woodstock.....	(506) 325-6838	(506) 325-6862
Perth-Andover Sub-Unit	(506) 273-7222	(506) 273-7220

New Brunswick Geographic Information Corporation Regional Assessment Offices

Office Location	Telephone	Fax
Bathurst	(506) 547-2090	(506) 547-2925
Campbellton.....	(506) 789-2305	(506) 789-2582
Edmundston.....	(506) 735-2713	(506) 735-2036
Fredericton	(506) 453-3390	(506) 444-5030
Hampton.....	(506) 832-6060	(506) 832-6008
Miramichi	(506) 627-4028	(506) 627-4029
Moncton	(506) 856-3303	(506) 856-2609
Richibucto.....	(506) 523-7725	(506) 523-7698
Saint John	(506) 643-6200	(506) 658-2156
St. Stephen.....	(506) 466-7335	(506) 466-7358
Woodstock.....	(506) 325-4410	(506) 325-4475

New Brunswick Human Rights Commission Offices

Campbellton Office ..... Telephone: (506) 789-2338
P.O. Box 5001 Fax: (506) 789-2415
157 Water Street, City Centre
Room 310
Campbellton, N.B. E3N 3H5

Fredericton Office ..... Telephone: (506) 453-2301
P.O. Box 6000 Fax: (506) 453-2653
751 Brunswick Street
Fredericton, N.B. E3B 5H1

Moncton Office ..... Telephone: (506) 856-2320
770 Main Street Fax: (506) 856-2394
Assumption Place, 4th Floor
P.O. Box 5001
Moncton, N.B. E1C 8R3

Saint John Office ..... Telephone: (506) 658-2510
P.O. Box 5001 Fax: (506) 658-3075
8 Castle Street
Saint John, N.B. E2L 4Y9

Parkinson Foundation of Canada

Fredericton Chapter ..... Telephone: (506) 452-0236
c/o Rebecca Dunphy
91 Fairview Drive
Fredericton, N.B. E3C 1K3

Greater Moncton Parkinson Support Group
Merton Geddes (Pres.) ..... Telephone:(506) 383-6860
Annabel Lewis ..... (506) 386-6076
Marthe Blanchet ..... (506) 384-9510
P.O. Box 7309 .....
Riverview, N.B. E1B 4T9

Saint John Chapter ..... Telephone:(506) 634-7489 (W)
c/o Suzanne Pye (Pres.)
P.O. Box 143
Saint John, N.B. E2L 3X8

St. Stephen Support Group ..... Telephone: (506) 466-5444
c/o Sandi Hanson
R.R. #4 Hall Road
St. Stephen, N.B. E3L 2Y2

Parkinson Nurse ..... Telephone: (506) 635-1530
c/o V.O.N. (Saint John) Inc.
Saint John Regional Centre
66 Waterloo Street
Saint John, N.B. E2L 3P4

Public Health Services Offices

Bathurst ..... (506) 547-2062
Boiestown ..... (506) 369-2450
Campbellton ..... (506) 789-2266
Caraquet ..... (506) 726-2025
Chipman ..... (506) 339-7076
Edmundston ..... (506) 735-2065
Fredericton ..... (506) 453-2825
Grand Falls ..... (506) 475-2441
Grand Manan ..... (506) 662-3242
Hampton ..... (506) 832-6050
Jacquet River ..... (506) 237-3206
Kedgwick ..... (506) 284-3422
Miramichi ..... (506) 778-6102
Moncton ..... (506) 856-2401
Neguac ..... (506) 776-8341
Oromocto ..... (506) 357-4002
Perth-Andover ..... (506) 273-4715
Plaster Rock ..... (506) 356-6003
Richibucto ..... (506) 523-7607
Sackville ..... (506) 364-4080
Saint John ..... (506) 658-2454
Shediac ..... (506) 533-3354
Shippagan ..... (506) 336-3061
St. George ..... (506) 755-4022
St. Stephen ..... (506) 466-7504
Sussex ..... (506) 432-2003
Tracadie-Sheila ..... (506) 394-3888
Woodstock ..... (506) 325-4408

United Ostomy Association - Area Chapters

Bathurst Area Chapter ..... Telephone: (506) 546-6875
c/o Geraldine Grennan
1315 Sunset Drive
Bathurst, N.B. E2A 3N8

Campbellton/Dalhousie/North Shore Area Chapter
c/o Chester Miller ..... Telephone: (506) 684-2386
P.O. Box 764
Dalhousie, N.B. E0K 1B0

Fredericton Area Chapter ..... Telephone: (506) 472-1505
c/o Sally DiCarlo
442 Broad Street
Fredericton, N.B. E3A 5P7

The Greater Moncton Area
Chapter ..... Telephone: (506) 383-9287
c/o Alfred Thebeau
RR4 D-455
Moncton, N.B. E1C 8J8

Saint John Area Chapter ..... Telephone: (506) 642-4182
P.O. Box 7282, Station A or (506) 696-3142
Saint John, N.B. E2L 3W4

University Campuses

Mount Allison University ..... Telephone: (506) 364-2275
Sackville, N.B. E0A 3C0 Fax: (506) 364-2216

St. Thomas University ..... Telephone: (506) 452-7700
Fredericton, N.B. E3B 5G3 Fax: (506) 450-9615

Université de Moncton ..... Telephone: (506) 858-4129
Moncton Campus Fax: (506) 858-4379
Moncton, N.B. E1A 3E9

Université de Moncton ..... Telephone: (506) 737-5050
Centre universitaire St-Louis Maillet Fax: (506) 739-5373
Edmundston, N.B. E3V 2S8

Université de Moncton ..... Telephone: (506) 336-3400
Centre universitaire de Shippagan Fax: (506) 336-3434
Shippagan, N.B. E0B 2P0

University of New Brunswick ... Telephone: (506) 453-4646
Fredericton Campus Fax: (506) 453-3572
P.O. Box 4400
Fredericton, N.B. E3B 5A3

University of New Brunswick ... Telephone: (506) 648-5523
Saint John Campus Fax: (506) 648-5528
P.O. Box 5050
Saint John, N.B. E2L 4L5

VON - Local Offices

Bathurst ..... (506) 548-2448
Campbellton ..... (506) 753-4750
Edmundston ..... (506) 739-6318
Fredericton ..... (506) 458-8365
Miramichi ..... (506) 778-9622
Moncton ..... (506) 857-9115
Oromocto ..... (506) 357-8542
Sackville ..... (506) 536-0750
Saint John ..... (506) 635-1530
Woodstock ..... (506) 328-8224

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